

## MICRONEEDLING POST-TREATMENT PATIENT EDUCATION

Microneedling is a minimally invasive procedure that stimulates collagen and elastin production to improve the texture and overall appearance of the skin. Proper aftercare is essential to ensure the best possible results and to support the healing process. Please review the following post-treatment guidelines carefully.

### IMMEDIATE POST-TREATMENT (0–24 Hours)

- Expect redness, sensitivity, and a warm sensation similar to a sunburn.
- Avoid touching your face with unclean hands.
- Do not apply makeup for at least 24 hours.
- Only use products approved by your provider—typically a gentle hydrating serum or post-care product.
- Avoid sweating, exercise, saunas, or hot showers that produce steam.
- Do not apply sunscreen until the following day unless otherwise instructed.

### DAY 1–3 AFTER TREATMENT

- Redness may persist; mild swelling or tightness is normal.
- Use a gentle cleanser and avoid scrubbing or exfoliating the skin.
- Apply recommended hydrating products to support healing.
- Avoid active ingredients such as retinol, acids (AHAs/BHAs), benzoyl peroxide, and vitamin C.
- Avoid direct sun exposure and wear SPF 30+ when outdoors.
- Do not pick, rub, or peel flaking skin.

### DAY 3–7 AFTER TREATMENT

- Skin may feel dry, rough, or slightly textured as it heals.
- Continue gentle skincare and hydration.
- Makeup may be worn after 24 hours.
- Still avoid retinoids, exfoliating acids, scrubs, or harsh products.

### WHAT TO EXPECT DURING HEALING

- Mild peeling or flaking is normal.

- Skin gradually improves over 2–4 weeks.
- Collagen continues to rebuild for up to 12 weeks.
- Multiple sessions (3–6) are recommended for best results.

#### AVOID FOR 7 DAYS

- Direct sun exposure or tanning
- Swimming pools, hot tubs, steam rooms, saunas
- Excessive sweating or intense workouts
- Chemical peels, laser treatments, waxing, or dermaplaning

#### WHEN TO CONTACT YOUR PROVIDER

- Redness lasting more than 3 days
- Signs of infection (warmth, pus, spreading redness, fever)
- Severe swelling or allergic reactions
- Any unusual or worsening symptoms

#### GENERAL TIPS FOR BEST RESULTS

- Stay hydrated.
- Maintain a gentle skincare routine.
- Use sunscreen daily.
- Follow your recommended treatment schedule.